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SHARING.GLEE STAR  
REMEMBERED

FANS AND CELEBS MOURN  
AFTER CORY MONTEITH IS  
FOUND DEAD IN VANCOUVER  
HOTEL ROOM

PAGE 8

Free Canada Day  
rides came with  
\$225K price tag

OC Transpo says it was totally worth  
it and plan to do the same next year,  
but with sponsors

PAGE 3

No justice,  
no peace?

Americans react with outrage as  
Trayvon Martin's killer goes free  
after jurors deliver not-guilty  
verdict

PAGE 4

Harper set  
to shuffle  
cabinet

**Makeover.** New  
team almost certain  
to be younger, with  
more women in  
high-profile roles

Prime Minister Stephen Harper  
is poised to shuffle his front  
bench, setting in place the  
team that will carry the Con-  
servative government into the  
2015 election.

Ray Novak, Harper's chief of  
staff, began phoning ministers  
and cabinet newcomers with  
their new assignments Sat-  
urday night. Formal appoint-  
ments are to be announced  
Monday at Rideau Hall.

All ministers and deputy  
ministers have been sum-  
moned to be in Ottawa Mon-  
day, sources said.

The cabinet shuffle is seen  
as one step in a three-stage ef-  
fort to shake the Conservatives

out of a mid-mandate malaise.  
A throne speech setting out re-  
freshed policy themes is widely  
anticipated this fall, followed  
by a Conservative party policy  
convention in Calgary at the  
end of October.

A cabinet makeover has  
long been in Harper's plan, but  
with the Conservatives rou-  
tinely polling behind Trudeau's  
Liberals this spring and the toll  
taken by the Senate spending  
scandal, the shuffle has new  
urgency.

Some well-connected Con-  
servatives argue that if Finance  
Minister Jim Flaherty and For-  
eign Affairs Minister John Baird  
don't move, it may be a cabinet  
makeover but it's not a reset.

A recent staff exodus from  
Flaherty's office fuelled specu-  
lation he could be on the way  
out, however the only finance  
minister Harper has ever ap-  
pointed has openly lobbied to  
keep his job.

THE CANADIAN PRESS



## HOT MUSIC, HOT WEEK AHEAD

Serena Ryder helps close out the RBC Ottawa Bluesfest with a sizzling set. But while the fans were cheering, they were also likely sweating. The mercury climbed to 31 C Sunday, Ottawa Public Health issued a heat advisory and Environment Canada forecast a scorching 34 C for Monday and similar temperatures Tuesday. Some relief is predicted for Wednesday with temperatures dropping a few degrees when a cold front is expected to move into the region. CONTRIBUTED/MARK HORTON

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Tech. model shown

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3.8L GT model shown

HWY: 6.6L/100 KM  
 CITY: 10.0L/100 KM ▼



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# Free Canada Day service cost OC Transpo \$225,000

**O Canada, we stand on guard for free buses.** Transit head says move is great marketing, hopes to get it sponsored in 2014



**ALEX BOUTILIER**  
alex.boutilier@metronews.ca

Providing free all-day service on Canada Day meant \$225,000 in foregone fare revenue for OC Transpo, money the transit service's general manager says is well spent.

The money comes from OC Transpo's roughly \$540,000 annual advertising and marketing budget. And the free service is just that — according to OC Transpo GM John Manconi — marketing the service to people who may not already use it.

"We wanted to try something new this year ... (and) we've had lots of positive feedback," Manconi told Metro on Friday. "We want

people to try the transit service. And you can do all kinds of marketing things, and spend money on posters, and ads and things like that, but we saw (the free service) as a great opportunity."

It was the first time OC Transpo offered free service all day, rather than just after 10 p.m. In previous years, the nighttime service only cost about \$40,000 in waived fares.

Many took advantage of the service, with 160,000 passenger trips in and out of the downtown core over the day. That's an eight per cent jump over trips taken July 1, 2012, and is on the high level of a regular service day, Manconi said.

Just under 700 operators were paid the standard time and a half for a statutory holiday — but that would have been a cost whether or not the service was free.

Manconi said OC Transpo would like to have the free service partially or fully sponsored in the future, whether from the federal government or from the private sector.



Canada Day revellers bounce beach balls and celebrate their national pride July 1. Many also celebrated free transit service — some 160,000 passenger trips were recorded July 1. JOE LOFARO/METRO

## Supervised injection site plan gains traction



**Ottawa drug user Crystal O'Hara** applauded a plan for a supervised injection site. GRAHAM LANKTREE/METRO

A plan to open a supervised injection site for hard drug users in Ottawa is being applauded by some who say the facility would cut down on the city's high HIV infection rate.

"People will start learning how to use clean needles. There will be less overdoses and many are infected with HIV," said Crystal O'Hara, who started injecting morphine three years ago and but is now on

methadone.

O'Hara said that she sometimes smokes crack and recently nodded off while using and woke to find she left her stove burner on with a radio nearby.

"The front part was melting," she said of the radio. "I was lucky that I didn't suffocate because of the toxic chemicals. That wouldn't have happened at a supervised site."

Sandy Hill Community

Health Centre is working on an application for exemption from federal drug laws under the Controlled Drugs and Substances Act, said Rob Boyd, director of the Oasis program at the centre. He hopes to present it to the city's board of health in the fall.

"We certainly have a big enough problem for it," he said.

HIV rates among users who inject drugs in the city

are 2.5 times higher than in Toronto.

Ottawa Public Health's stats from 2011 put HIV cases reported among injection or inhalation drug users in Ottawa at 13 per cent, a decrease from 25 per cent in 2007. An OPH spokesperson said that's evidence that current initiatives are working and should be the focus of the community's efforts.

GRAHAM LANKTREE/METRO

### 4 a.m. Sunday

#### OPP investigating after toddler found wandering Perth

Ontario Provincial Police have launched an investigation after a toddler was found wandering the streets of Perth at 4 a.m. Sunday.

The boy, believed to be approximately 18 months old,

was found wearing only a diaper after police received a call from a concerned citizen.

The boy is in the care of the local Child and Family Services division, while police in Lanark County look to identify his family. The police could provide no further details Sunday.

Anyone with information about this incident is encouraged to contact the OPP at 1-888-310-1112. **METRO**

### Provincial OK

#### Ottawa gets go-ahead for \$18M canal footbridge

The provincial government has given Ottawa City Hall the go-ahead to proceed with an estimated \$18 million footbridge across the Rideau Canal.

In a memo circulated

Friday, the city's manager of planning, John Moser, said the provincial government has given its blessing to the project.

The estimated \$17.8 million project plans to connect Fifth Avenue and Clegg Street over the Rideau Canal, partially as a way to mitigate traffic problems associated with the redevelopment of Lansdowne Park.

**METRO**

### South end

#### Early-morning fire displaces six

An early-morning fire in Ottawa's south end displaced six people Sunday.

Firefighters were called to a building at 955 Debra Avenue at 3:40 a.m. Sunday after receiving reports of smoke in the basement of a residential unit. **METRO**





Protesters angered by the acquittal held largely peaceful demonstrations in three California cities, but broke windows and started small fires in Oakland. ANDA CHU, BAY AREA NEWS GROUP/THE ASSOCIATED PRESS

## Reaction

### U.S. recoils and rages

From New York to California, outrage poured from street demonstrations and church pulpits on Sunday as hundreds of protesters took to the streets.

In Manhattan, congregants at Middle Collegiate Church were encouraged to wear hooded sweat-shirts in the memory of Trayvon Martin.

The Rev. Jacqueline Lewis, wearing a pink hoodie, urged peace and told her congregation that Martin Luther King Jr. "would have wanted us to conduct ourselves on the highest plane of dignity."

Chicagoan Maya Miller, 73, said the case reminded her of the 1955 slaying of Emmitt Till, a 14-year-old who was murdered by a group of white men. Till's killing galvanized the civil-rights movement.

Miller said she feels as if "nothing has changed in 58 years."

The NAACP called for the opening of a civil-rights case against Zimmerman in an online petition addressed to Attorney General Eric Holder.

Civil-rights leaders, including the Revs. Jesse Jackson and Al Sharpton, urged peace in the wake of the verdict. Jackson said the legal system "failed justice," but violence isn't the answer.

But not all the protesters heeded those calls.

In Oakland, Calif., some angry demonstrators broke windows, burned U.S. flags and started street fires. Some marchers also vandalized a police squad car and used spray paint to scrawl anti-police graffiti on roads and Alameda County's Davidson courthouse.

THE ASSOCIATED PRESS

# Verdict brings no resolution to killing of Trayvon Martin

## Not guilty.

Safety of the accused in question after mass protests across U.S.

After a year and a half of living as a hermit, George Zimmerman emerged from a Florida courthouse a free man, cleared of all charges in the shooting of 17-year-old Trayvon Martin.

His brother said the former neighbourhood watch volunteer was still processing the reality that he wouldn't serve prison time for the killing, which Zimmerman, 29, has

maintained was an act of self-defence. Late Saturday night, a jury found him not guilty of second-degree murder and declined to convict him on a lesser charge of manslaughter.

However, with many critics angry over his acquittal, his freedom may be limited.

"He's going to be looking over his shoulder the rest of his life," Robert Zimmerman Jr. said during an interview.

Six jurors considered nearly three weeks of often wildly conflicting testimony over who was the aggressor on the rainy night Martin was shot.

Jurors deliberated for more than 15 hours over two days

## Peace forever lost?

"No one wins either way. This is going to be a recurring nightmare in his mind every night."

Chris Bay, a supporter of the accused

before deciding late Saturday night. The court did not release the racial and ethnic makeup of the jury, but the panel appeared to reporters to be made up of five white women and a sixth who may be Hispanic.

Those watching reacted

strongly when the verdict was announced. Martin's mother and father were not in the courtroom when it was read; supporters who had gathered outside yelled "No! No!"

Andrew Perkins, 55, a black resident of the Orlando suburb where Martin was shot, angrily asked outside the courtroom: "How the hell did they find him not guilty?"

"He killed somebody and got away with murder," Perkins shouted, so angry he shook.

Trayvon Martin's brother, Jahvaris Fulton, said on Twitter: "Et tu America?"

THE ASSOCIATED PRESS

## Killing and fallout

Trayvon Martin's 2012 killing unleashed debate across the U.S. over racial profiling, self-defence and equal justice.

- Protesters nationwide lashed out against police, as it took 44 days for George Zimmerman to be arrested.
- Many, including Martin's parents, said Zimmerman had racially profiled the unarmed black teen.

## Nelson Mandela. Ailing leader may be sent home

Nelson Mandela may be discharged from hospital soon to recuperate at home, said a former president of South Africa.

The prediction was made by Thabo Mbeki as he gave a memorial lecture for the African National Congress on Saturday, the Eyewitness News radio service reported.

Mandela has been in hospital for more than five weeks for a recurring lung infection, sparking an outpouring of



Nelson Mandela, 94  
GETTY IMAGES FILE

support in the form of mechanical ventilation.

THE ASSOCIATED PRESS

## 'Orangutan.' Slur thrown at black minister in Italy

Italian Premier Enrico Letta has harshly criticized a top senator who likened the country's first black cabinet minister to an orangutan, the latest episode of high-profile racial tension in a nation grappling with immigration.

In a statement Sunday, Letta denounced Roberto Calderoli's words as "unacceptable" and "beyond every limit."

Calderoli, the Senate's vice-president and a leader of

the anti-immigrant Northern League party, made denigrating remarks about Immigration Minister Cecile Kyenge at a party rally on Saturday.

"I cannot help think ... of a resemblance to an orangutan," Calderoli is quoted as saying by the Corriere della Sera newspaper.

Kyenge is a Congolese-born doctor who became Italy's first black minister in April. THE ASSOCIATED PRESS

## Lac-Mégantic disaster. Priest struggles at pulpit

The parish priest in a Quebec town gripped by tragedy said Sunday he struggled to find the words to comfort his flock.

Steve Lemay said he and his colleagues have tried to bring solace to Lac-Mégantic in the week since a train derailment killed an estimated 50 people and razed the town centre.

But he said some residents haven't even begun to grieve. With many questions still unanswered, the loss hasn't fully

sunk in, he told reporters outside the Ste-Agnes Church.

"Normally, when we lose someone we love, we can see them, we can make contact," he said. "We don't have that here."

Two more bodies were pulled from the rubble on Sunday, bringing the official death toll to 35. Fifteen people remained missing, more than a week after the disaster.

THE CANADIAN PRESS

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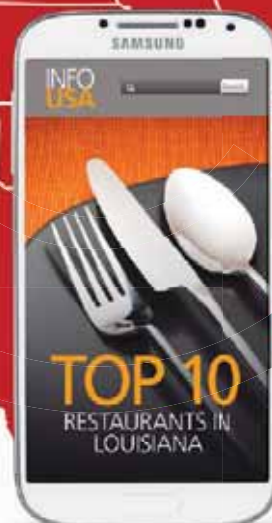


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## Flight 214. Asiana payout to depend on nationality

When the courts have to figure compensation for people aboard Flight 214, the potential payouts will probably be vastly different for Americans and passengers from other countries, even if they were seated side by side as the Asiana jetliner crash-landed.

An international treaty governs compensation to passengers harmed by international air travel. The pact is likely to close U.S. courts to many foreigners and force

them to pursue their claims in Asia and elsewhere, where lawsuits are rarer, harder to win and offer smaller payouts.

The flight that broke apart July 6 at the San Francisco airport was carrying 141 Chinese, 77 South Koreans, 64 Americans, three Canadians, three Indians, one Japanese, one Vietnamese and one French person. Three girls from China were killed and 182 people injured, most not seriously. **THE ASSOCIATED PRESS**

### Cyber security

#### Private sector vulnerable: Records

Gaps in the cyber security efforts of Canadian corporations could be leaving them open to sophisticated attacks by hackers, records show.

"There are an increasing number of new software vulnerabilities that can be exploited to gain access to companies' networks," reads a July 2012 memo obtained

under the Access to Information Act.

"The scale of the problem is significant. The cost of maintaining a highly secure network is high for each company, and they may not be willing to make that investment."

The smooth operation of critical infrastructure assets is integral to the country's economic, political and social well-being, according to an auditor general report from last fall. **THE CANADIAN PRESS**



## New bones about it

Cody Van Megan's dog Moose examines one of many large bones found while walking along the banks of the Bow River, heavily eroded by recent flooding, in Calgary on Friday. While Van Megan was bracing for signs of devastation, he didn't expect to find a set of gigantic rib bones sticking out of the riverbank. Van Megan got in touch with Francois Therrien, a paleontologist at the Royal Tyrrell Museum in Drumheller, Alta. Therrien told him the bones were unlikely to be from a dinosaur, but the discovery could be significant — potentially signalling an early bison fossil — and a team will examine in August. **LARRY MACDOUGAL/THE CANADIAN PRESS**

## Chamber of secrets? J.K. Rowling revealed as 'new' crime writer

An ex-military man tries his hand at writing, publishes a debut detective novel, and wins critical acclaim. But here's the twist in the tale: The true identity of the author is none other than Harry Potter creator J.K. Rowling.

It's impressive literary wizardry by Rowling, who said she relished the freedom of writing *The Cuckoo's Calling* under her pseudonym, Robert Galbraith.

"I hoped to keep this secret a little longer," she said in a statement released by her publicist on Sunday. "It has been wonderful to publish without hype or expectation, and pure pleasure to get feedback from publishers and readers under a different name."

The *Cuckoo's Calling*, a story about a war veteran turned private investigator who is called in to probe the mysterious death of a model, was published to rave reviews in April.

The Sunday Times claimed it was investigating "how a first-time author with a background in the army and the



J.K. Rowling said being Robert Galbraith was a "liberating experience." **THE ASSOCIATED PRESS FILE**

civilian security industry could write such an assured debut novel" when it connected the dots. The paper said clues included the fact that Rowling and Galbraith shared the same agent and editor, and that Little, Brown published Rowling's other adult novel. It also said the book's style and subject resembled Rowling's work.

Rowling's publicist confirmed the news, helping the novel climb to the top of Amazon's bestselling list Sunday. **THE ASSOCIATED PRESS**



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# ELBOWS UP AT CITY HALL

When Ottawa Senators owner Eugene Melnyk flew in last week to scold the city's finance committee over the casino file, he seemed to hope they'd show belly, but they mostly proffered their backsides.

Melnyk had come to protest city plans to tell the Ontario Lottery and Gaming Corporation that any new Ottawa casino be located at Rideau Carleton Raceway or nowhere.

This stipulation, which goes to council for final approval this week, is intended to ensure the survival of the troubled racetrack, but it effectively kills Melnyk's hopes of opening his own operation at the Canadian Tire Centre.

That's understandably his major beef, but he also had pettier grievances to air, like a list of six city councillors who had apparently either not returned his phone calls or done so with insufficient promptness.

Coun. Bob Monette, one of the six thus singled out, complained this smacked of bullying, but Melnyk was just getting



**URBAN COMPASS**  
**Steve Collins**  
ottawa@metronews.ca

started. He had also brought his lawyer, Paul Webber, who warned that if the committee voted in favour of the Rideau Carleton motion, "many bad things are going to happen."

Webber, in the midst of opining that the casino plan amounted to an illegal subsidy to Rideau Carleton, and could even result in individual officials being held personally liable, was cut off in mid-threat. Mayor Watson was particularly dismissive of Webber's musings about allying with the unsuccessful opponents of the Lansdowne Park redevelopment.

"They're going to go and consult Friends of Lansdowne?" he snorted. "Good luck with that."

The next day, the city's transportation committee voted to stick with its current plan for the

western LRT expansion, despite ongoing opposition from the NCC, which controls real estate key to the route. Members also went out of their way to rubbish the NCC's legitimacy.

Watson set this pugnacious tone back in May, attacking the

federal body as unelected, with a board mostly composed of people who don't live here and a lacklustre track record.

"What has the NCC actually done that's been innovative in the last decade? I'm sort of at a loss for words as to what we can pin on that except maybe the Bixi bike program," he said.

The built heritage sub-committee, whether coincidentally or not, gave the NCC another kick in the shins Thursday by essentially adding it to their name-and-shame list of slumlords who don't keep their properties up, in this case the block from 106 to 116 Sparks Street, site of a planned redevelopment.

They recommended sending a letter "expressing council's disappointment that... it appears that the NCC, the long-term owner of the property, is partly responsible for the need to demolish the existing heritage façade due to the lack of effective regular maintenance: essentially demolition by neglect."

The members of this council have often congratulated themselves for working together without the infighting of the fractious old days under Mayor Larry O'Brien. Last week, though, this much-vaunted cohesiveness seemed to amount to banding together and backhanding anyone deemed to be in their way.

## ZOOM

# Tidal wave is man-made



QUIRKY CHINA NEWS/REX FEATURES

## Yellow Dragon roars again

Tourists watch as tidal waves of water are unleashed at 2,600 metres per second into the Xiaolangdi reservoir in Henan, China.

The spectacular process is part of anti-pollution efforts in the Yellow River, and officials claim it has removed tonnes of debris from the bed, improving the nation's water supply. **METRO**

### Adapting to demand

- **Pollution.** In 2008, 40 per cent of water was unusable due to pollution, and 30 per cent of fish species were extinct.
- **Digital solution.** A new software system can flush vast quantities of water through polluted zones. It won environmental prizes and is now used across China.

### The effect

# 390

The quantity, in millions of tonnes, of river-bed debris that has been cleared by this method over the past 13 years. The river now flows all the way to the sea, without stretches of desert. Millions depend on "Mother River." At 5,464 km, it's the second-longest river in Asia.

### Pieces of the puzzle

**"The key to bringing the river under control is to control its water and sand."**

Chen Xiaojang, director of the Yellow River Conservancy Commission of the Ministry of Water Resources

## Clickbait

Since Vine became available on Android last month, the playing field for six-second, looped videos shot with your cellphone has essentially been levelled, which has, in turn, upped the quality of stop-motion and regular videos that create an optical illusion. These are the latest creators of some app-ealing vids that were also selected for the #WiredOpticalIllusion contest.

### @savi10:

Guy Savioli has revolutionized the once-popular dancing-stick-man-on-a-notepad trick by turning it into an infinite falling stick man with the use of the looping software.

### @lalo:

If you think it's impossible to turn a one-dollar bill into a two-dollar bill with one quick fold, then maybe you

are the twit.

### @YvesDas:

Based out of Belgium, this artist has perfected the stop-motion Vine video. Think Gumby, all grown up (and six seconds long).

### @Pinotski:

Trust this man behind the lens for a nicely skewed version of reality. **METRO**



## Letters

Today's weak labour market for youth is not only hurting young Canadians. It's also taking a financial toll on their middle-class parents.

There are still 200,000 fewer jobs for young Canadians than before the recession. According to TD Bank, young Canadians are not only losing out today, they also face lower wages for more than a decade as they try to catch up on missed work experience. A growing number of 20-somethings are now competing for unpaid internships in an attempt to get ahead.

While job prospects for young Canadians have deteriorated, the price of everything from tuition to rent and groceries has gone up. Yet

student debt levels have remained relatively constant. So who is picking up the tab?

It's middle-class parents who are stepping in to financially support their adult children.

According to TD, more than half of baby-boom parents have continued to financially support their adult children, even after they leave school. Instead of listening to Canadians on this issue, the Harper Conservatives have cut the number of youth jobs in the Canada Summer Jobs Program by more than half, and frozen the skills training budget at 2008 levels without allowing for either inflation or population growth.

**Scott Brisson, Liberal finance critic**

## WE WANT TO HEAR FROM YOU:

Send us your comments: [ottawaletters@metronews.ca](mailto:ottawaletters@metronews.ca)







Glee star Cory Monteith was found dead in a Vancouver hotel room on Saturday. THE CANADIAN PRESS

# Remembering Monteith

## United in grief.

Celebrities, fans send out condolences to Glee actor's family, police won't speculate on cause of death

Tributes from celebrities and fans of the popular television series *Glee* were pouring in on social media Sunday as those who admire Canadian actor Cory Monteith learned of his sudden death.

The 31-year-old actor, who shot to fame as football player and singer Finn Hudson on the popular television series, was found dead at a downtown Vancouver hotel room on Saturday.

Police told reporters the

cause of death still must be determined, but investigators do not believe foul play was involved.

Once news broke of Monteith's death, fellow celebrities and *Glee* cast members took to Twitter to express their condolences.

Dot-Marie Jones, who plays Coach Shannon Beiste, wrote, "I am blessed to have worked with him and love him so much. My heart is with his family and our whole *Glee* family. I love you all."

And Lauren Potter, who plays cheerleader Becky Jackson said, "I am totally heartbroken right now. I love Cory so much this hurts my heart. I hope my *Glee* family is OK right now. I love them all. Cory was always so nice to me. I have so many good memories."

Monteith's co-star and girlfriend Lea Michele, who plays Finn's girlfriend on-screen, has issued a brief statement, requesting privacy.

Fans from B.C., where Monteith grew up, also mourned the death of the local celebrity.

"When I first saw *Glee*, I was ecstatic for Cory. A local boy and a great guy. My thoughts to his family and friends. He will be remembered," wrote Vancouver actor Osric Chau.

The executive producers of *Glee* and Fox also issued a statement on Saturday night, saying, "We are deeply saddened by this tragic news. Cory was an exceptional talent and an even more exceptional person. He was a true joy to work with and we will all miss him tremendously. Our thoughts and prayers are with his family and loved ones."

Acting Vancouver Police Chief Doug LePard told reporters on Saturday that Monteith's body was found around noon after he failed to check out from his room as scheduled. LePard said the actor had been with some other people in the room the night before, but video and electronic records show that Monteith entered the room by himself on Saturday morning.

His death comes several months after he told *People* magazine that he had admitted himself into rehab for substance abuse, but police declined to speculate whether there was any connection.

Monteith, who has been open about having suffered

## Peripatetic Monteith

Before becoming an actor, Monteith worked as a Walmart people greeter in Nanaimo, B.C., as well as a taxicab driver, school bus driver and roofer. He had minor roles in other films before joining the cast of *Glee*, which debuted in 2009. He also was drummer for the California-based band Bonnie Dune, and was an avid supporter of the Project Limelight Society, a Vancouver charity that offers a theatre program to at-risk youth.

from drug addiction when he was younger, was born in Calgary and raised in Victoria, where his mother still lives.

THE CANADIAN PRESS

# Locked up and nowhere to go

**Orange is the New Black.** New Netflix series about a socialite doing time puts a female spin on life as an inmate

The new Netflix series *Orange is the New Black* opens with the provocative image of two

naked women in a shower, entwined in a passionate embrace. It's the kind of brazen kickoff obviously designed to grab attention, but star Taylor Schilling says the show's envelope-pushing nudity is different — this time the salacious scenes come from a resolutely female point-of-view.

"It doesn't to me feel like it's as sexualized as other scripts that I've read," Schilling said by phone from New York of the

dramedy.

Schilling stars as privileged Brooklyn socialite Piper Chapman, who is slapped with a 15-month sentence at a U.S. federal penitentiary when authorities link her to a hard-as-nails female drug-runner she romanced — and ferried cash for — more than a decade earlier.

Schilling lauds an array of racially diverse actresses who fill out the cast and praises Co-

han for offering a rare chance to see a variety of female characters on the small screen. Even the blond and seemingly delicate character Piper challenges convention, she said.

"It's a moment of divine intervention I think when you find a role that can really be a full-bodied woman, and actually I mean that in every sense of the word," said Schilling.

THE CANADIAN PRESS



Taylor Schilling stars in *Orange is the New Black*. GETTY IMAGES





Justin Bieber. ALL PHOTOS GETTY IMAGES

## Bieber continues ruining lives of others ... or something like that

Trouble continues to dog Justin Bieber as he makes his way across the U.S. for his summer tour, though this time it's not the 19-year-old singer who's in trouble.

Last week, Bieber took a post-concert trip to a Chicago nightclub that resulted in the club being cited for letting

him in, according to E! News.

Bodi Chicago was issued a citation for "admitting and knowingly having underage persons in the establishment," according to a spokesperson for the Chicago Department of Business Affairs and Consumer Protection.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Divorce, arrests and bombings



**STARGAZING**  
Malene Arpe  
scene@metronews.ca

This week in diva suffering: 1) Mariah Carey dislocates her shoulder while shooting a video 2) Fans are upset that Madame Tussauds' Adele figure is too thin. 3) A reportedly inebriated Rihanna is escorted by security from a Polish music festival. 4) Lauryn Hill goes to prison to serve time for tax evasion. 5) Lady Gaga's new diet reportedly causes massive flatulence. 6) Ha-



ha-ha-ha-ha.

• A dancer and student with the Winnipeg Ballet is dismissed after it's discovered he made gay porn. The administrators at the ballet were particularly upset over his work in Man Lake and Sleeping Barry.

• Nigella Lawson's husband files for divorce because he's annoyed she didn't

come to his defense after he choked her in public. I don't blame him. It's just like that time when I stole my friend's car and then, when I accidentally ran him over, he wouldn't testify on my behalf.

• A man is arrested at a Taylor Swift concert after posting threats on Facebook and because he carried a sign that read, "Taylor Swift is with Satan." Police said they take all threats seriously and, besides, "He's a liar. Everyone knows Satan prefers Selena Gomez."

• The Lone Rider bombs at the box office. That's too bad. We were all looking forward to Johnny Depp wearing an entire ostrich in the sequel.



Hugh Jackman.

## Getting into Wolverine shape

Hugh Jackman admits he isn't afraid of stealing work-out techniques from other actors — like Dwayne "The Rock" Johnson — if it means getting into tip top Wolverine shape.

"I know Dwayne and I rang him and said, 'Buddy, I saw you in the Tooth Fairy, and then I saw you in an action movie and you are massive. How do you do it?'" Jackman tells E! News. "Right as he's telling me the whole diet, someone knocked on his trailer door — and I'll never forget this moment. He goes, 'Hold on a second! I'm talking to Wolverine. You can tell them I said they can wait.'"

**THE BEST NEVER REST**

**RED 2**

WILLIS MALKOVICH PARKER JETZ-JONES LEE HOPKINS MORREY

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She's going from straight A's to getting her first F.

**The To Do List**

IN THEATRES JULY 26<sup>th</sup>

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a pass for  
two to see  
a special  
advance  
screening  
for the  
historical  
summer  
comedy

**The To Do List**



No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

**Look awkward, be safe****Faux tattoos help identify allergies**

Just when you thought childhood awkwardness couldn't get any more ... awkward, there's always something to take it to the next level.

This time around it's SafetyTats. The premise of the invention is to identify children's allergies or other vital

information through temporary tattoos that can be applied anywhere on the body.

There are two different types of SafetyTats. The original ones, which are applied like regular temporary tattoos, come with standard allergy messages (such as "food allergy: nuts") and quick stick write-ons, which come in various neon colors, apply similar to a Band-Aid and allow users to write custom allergy messages.



"I remember going to an amusement park one week-end with my three kids and thinking 'I don't want to have to worry about them getting lost,'" said SafetyTats creator

Michele Welsh. "I wrote my cellphone number on their arms with a ball point pen but eventually it rubbed off during the day and that's when I knew that I had to create something else."

The original safety tats last approximately three to five days depending on the activeness of the child. The quick stick write-ons last up to two weeks and are waterproof.

COURTNEY M. FOWLER, METRO WORLD NEWS IN NYC

**Exclusively Online**

**Reasons Mommy Drinks? This week, it's the local park's wading pool a.k.a. giant vat of pee. Read this and more hilarious mommy tales at metronews.ca/voices.**



# A boys with dustpans, girls on lawn mowers revolution

**Gender roles.** Our expert weighs in on a study that says siblings can have a large impact on gender stereotyping



**IT'S ALL RELATIVE**  
Kathy Buckworth,  
kathybuckworth.com

"Men with sisters appear to do less housework, even in middle age." A provocative and, I think, curious statement to make.

Yet, according to a paper published in the Journal of Politics, decades of data have led to this conclusion. The data suggest that siblings can have as large an impact on gender stereotyping as parents can when it comes to the running of a home.

The report goes as far as to say that the roles of brother and sister can resemble those of husband and wife. (Frankly, the only way my kids resemble a husband and wife is in a Bickersons arguing sort of way.)

How to prevent this from

**They're paying attention**

**"The study tells us that our kids are watching ... how we divvy up the chores we do as adults."**

Kathy Buckworth

happening in our own home? I'm thinking maybe we could start with the philosophy of "It's only work if you're not having fun." I say this, as due to my excellent parenting skills, (or admittedly by some strange fluke), I happen to have tricked my youngest son, 11, into thinking that housework is fun.

He routinely mops the kitchen floor, vacuums, and sprays glass cleaner on glass cleanable surfaces with wild abandon. He requested, and received, his very own toilet brush, that he also uses with surprising frequency. He does all of this ... for fun. In fact, the day that school ended he asked if he could mop as a sort of "welcome to summer holidays treat." I magnanimously let him.

He does have siblings (a brother and two sisters), none of whom would even pick up a duster unless it were on fire, and probably not even then un-

less I threatened to take their phones away.

Maybe the fact that there is another brother in the house counteracts the unintentional yet subliminal boy versus girl housecleaning message. Whatever the case, the theory doesn't seem to hold water in my house.

But if that's what the research shows for other families, maybe on the whole we need to do something about this, mostly to save our daughters, and our son's future partners from having to pick up the slack, and the dirty clothes, thanks to our own procreation of boys.

The study tells us that our kids are watching us — how we divvy up the chores we do as adults and how we assign chores to our children.

Does your daughter mow the lawn? Does your son set the table? Do you have "boy jobs" and "girl jobs" in your house? Do they get to pick their chores? Take some time to mix it up this week.

Unfortunately I can't lend my own son out, as the floors need cleaning at my house.

**KATHY'S NEW BOOK I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS IS AVAILABLE AT BOOKSTORES EVERYWHERE. FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH**



**According to one report, men with sisters appear to do less housework, even as they grow up. ISTOCK**

## Ga ga goo goo, where's my Turtle?

Amid the purveyors of belly casts and placenta pills, sonogram art and cord blood banks at a recent baby gear extravaganza stood a smiling Rosie Pope, pregnancy advice guru, mommy concierge to the rich and, with any luck, the Martha Stewart of maternity.

"There's Rachael Ray for cooking and Rachel Zoe for style, but who in motherhood? That's my dream,"

said the affable mom of three as she signed copies of her pregnancy guide, Mommy IQ, showed off her maternity clothing line and chatted up fans at this year's New York Baby Show.

Making sense of maternity and baby gear these days isn't easy, so Pope may just get her shot. More than a few moms-to-be were befuddled as they walked the crowded show

floor.

There's the Turtle, for example. It's an infant hat with a soft wedge built in to battle flat head syndrome. And there's Clean Bee Baby, an eco-friendly cleaning service for strollers and car seats.

There were also numerous reinventions of the wearable baby carrier, bright and cheery seats and rides of all kinds, including one that looks like

an actual car, and all-natural everything, from squeezable baby fruit to Kinder by Nature herbal wipes, loaded with certified organic aloe vera, tea tree and ylang ylang extracts.

Pope offered her view on the explosion of gear for mom, dad and baby.

"There's so much we do not need," she said. "What we do need is a safe place for the baby to sleep. We do

need a safe car seat. We do need a stroller system that the car seat can snap into. What we do need is some clothes. What we don't need is shoes and hair accessories and wipe warmers and bottle warmers and all of this sort of extra stuff that really is just adding complication to what you're doing rather than making your life easier."

THE ASSOCIATED PRESS



# A picnic just isn't a picnic without Greek Pasta Salad

KAREN HUMPHREY  
YummyMummyClub.ca

This salad is packed with vegetables and lightly kissed with a home made balsamic dressing so it's light and fresh.

## Ingredients

- 2 cups bow tie pasta
  - 1 cup halved grape tomatoes
  - 1/4 cup thinly sliced red onion
  - 1 cup chopped cucumber
  - 1/2 sweet yellow pepper, seeded and chopped
  - 1/2 sweet red pepper, seeded and chopped
  - 4 oz feta cheese, crumbled
  - 1/4 cup black olives, sliced
  - 2 tbsp chopped fresh dill
- ### Dressing
- 3 tsp balsamic vinegar
  - 2 tsp olive oil
  - 1/4 tsp honey
  - salt and pepper
  - squirt mustard



This recipe serves four. KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA

1. In pot of boiling salted water, cook pasta according to package directions. Drain and rinse with cool water. Set aside.
2. Toss pasta with tomatoes, onion, cucumber, peppers, feta,

olives, and dill.

3. Measure dressing ingredients in a mason jar. Screw on lid and shake until everything is well mixed together. Drizzle over pasta and toss. You don't

have to use all the dressing. Add salt and pepper to taste. Serve right away or chill for about an hour before serving. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

## Lunch. Fresh and Light Summer Pasta Salad



1. Bring a large pot of salted water to a boil.

2. Meanwhile, in a large serving bowl toss the tomatoes with a few hefty pinches of salt and some black pepper. Let stand for 10 minutes, then add the lemon zest, oil and goat cheese and toss well.

3. Add the pasta to the boiling water, stir and cook according to package instructions until just al dente. Drain the pasta (it's fine to have some water still clinging to the pasta), then add it to the bowl. Toss until the cheese is melted. Taste and season with salt and pepper to taste. Divide the pasta between

4 serving bowls, then sprinkle each portion with some of the herbs. Serve. **THE ASSOCIATED PRESS**

## Ingredients

- 3 cups chopped fresh tomatoes (about 1-inch pieces)
- Kosher salt and ground black pepper
- 1 tsp grated lemon zest
- 1 tbsp extra-virgin olive oil
- 5 oz goat cheese, crumbled
- 8 oz whole-wheat penne or fusilli pasta
- 1 cup mixed chopped fresh herbs (such as parsley, basil, oregano, mint, dill, chives, cilantro and tarragon)

## Grilled meat mingles with fruit

1. Heat the grill to medium. Heat the oven to 400 F.

2. While the grill and oven are heating, in a blender combine half of the feta, the lemon juice, buttermilk and olive oil. Blend until smooth. Season with pepper, then stir in the remaining feta. Set aside.

3. Split each pita pocket into 2 rounds. Spray the rough sides of each round lightly with the cooking spray, then sprinkle

lightly with salt. Cut each round into 8 triangles. On a rimmed baking sheet arrange the triangles in a single layer. Bake on the middle shelf of the oven until golden and crisp, about 8 minutes. Set aside to cool.

4. Spray the pork with the olive oil spray, then season it lightly with salt and pepper. Grill it directly over the heat, turning it a quarter turn at a time, until a thermometer inserted at the thickest part registers 140 F to 145 F for medium, about 6 minutes per side. Transfer the pork to a plate, cover it loosely with foil and let it rest for 10 minutes.

5. In a large bowl, combine the arugula, onion, mint, cilantro, watermelon and cucumber. Add the pork juices from the resting pork to the feta dressing, whisking to incorporate. Place a mound of the salad on each of 4 plates. Slice the pork crosswise into rounds 1/2 inch thick and arrange a quarter of the slices on top of each mound of salad. Drizzle the dressing on top of the pork, then divide the pita croutons between the plates. Serve immediately. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNER.**

## Ingredients

- 4 oz feta cheese, crumbled, divided
- 1 tbsp lemon juice
- 1/3 cup buttermilk
- 1 tsp extra-virgin olive oil
- Ground black pepper
- Two 6-inch whole-wheat pita pockets
- Olive oil cooking spray
- Kosher salt
- 1-lb pork tenderloin, trimmed
- 3 cups arugula
- 1/2 cup thinly sliced red onion
- 1/2 cup each fresh mint leaves and cilantro leaves
- 2 cups cubed and seeded watermelon
- 1 cup cubed seedless cucumber

## Healthy eating

## Choose it and lose it



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her on twitter @rosereisman

What says summer more than wings and beer on a patio? Not a whole lot. But be prepared for a lot of calories, fat and sodium if you sip and bite into the wrong choices.



## 4 pints beer, 15 breaded Pizza Hut wings with honey barbecue sauce

2,540 calories / 90 g fat / 4,280 mg sodium

It will cost you more than a day's worth of calories and fat, and three days' worth of sodium!

## Equivalent

Four pints of beer and 15 breaded Pizza Hut wings with honey barbecue sauce are equal in calories to four whole Swiss Chalet chickens.



## 2 pints light beer, 15 traditional Pizza Hut wings with garlic Parmesan sauce

850 calories / 39 g fat / 2,150 mg sodium

These wings are baked, not fried.



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS



# Come for a cold one, stay for the sites: Beer can mean big business for cities

## Happily ever crafter.

The transformation of a once-forgotten neighbourhood in Cleveland paints a picture of the way in which breweries can bring on a boom

To see how a small business can transform a neighbourhood, just follow the barrels.

About 30 years ago, beer lovers wanting to create their own drinks started taking over abandoned old buildings in rundown city districts, refitting them with tanks, kettles and casks, and churning out beer.

The byproduct was a boom in craft beer drinkers: Barrels shipped have more than doubled in the past decade, according to trade publication Beer Marketer's Insights.

But beer drinkers weren't the only beneficiaries. The arrival of a craft brewery was also often one of the first signs that a neighbourhood was changing. From New England to the West Coast, new businesses bubbled up around breweries, drawing young people and creating a vibrant community where families could plant roots and small businesses could thrive.

It happened in Cleveland. Once an industrial powerhouse, the Rust Belt city has been losing residents since



Brewer Joel Warger tends to a batch of beer in the Great Lakes Brewing Co. in Cleveland's Ohio City neighbourhood. In rundown urban neighbourhoods across the country, craft breweries like Great Lakes helped transform the neighbourhoods around them, drawing young new residents and other small businesses.

ADRIAN WYLD / THE CANADIAN PRESS

the 1950s. Manufacturing jobs disappeared. The city nearly went bankrupt in 1978.

Marred by abandoned buildings and boarded-up stores after several hard decades, the downtown Ohio City neighbourhood,

just west of the Cuyahoga River, which divides Cleveland, was "perceived as dangerous and blighted" into the 1980s, says Eric Wobser. He works for Ohio City Inc., a non-profit that promotes residential and commercial development while trying

to preserve the neighbourhood's older buildings.

Enter Great Lakes Brewing, which opened in 1988. Over the years, it's built a brewery and a brewpub from structures that once housed a feed store, a saloon and a livery stable.

"We resurrected all of them," says Pat Conway, who founded Great Lakes with his brother, Daniel. "We've beautified the neighbourhood, provided a stunning restoration."

Other breweries and businesses — a pasta mak-

## Raise a glass to revitalization

**"We resurrected all of them. We've beautified the neighbourhood, provided a stunning restoration."**

Pat Conway, founder of Great Lakes Brewery, on transforming abandoned buildings into company quarters

er, a bike shop, a tortilla factory, as well as restaurants and bars — followed. Newcomers are flocking to the neighbourhood, even though Cleveland's overall population is still declining. The city repaved the quiet street next to the brewery, Market Avenue, with cobblestones, and poured millions into renovating the West Side Market, whose origins date back to the 19th century.

Today, more than 100 vendors sell produce, meat, cheese and other foods there. What's going on in Cleveland is happening across the country.

Trendy small businesses like breweries and younger residents have been returning to downtown neighbourhoods in many cities across the U.S. The biggest cities are growing faster than the suburbs around them, according to census data.

Another benefit of the brewery boom: Manufacturers like brewers typically pay workers more than service businesses like restaurants or shops do. That's good for local economies.

THE ASSOCIATED PRESS



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# Kick some career butt with a martial artist's mentality



You gotta fight for your right to have a wonderful working life. ISTOCK

**A black belt in business.** The lessons learned in a karate class can be translated to the world of work

Susan Schorn is the author of *Smile at Strangers: And Other Lessons in the Art of Living Fearlessly*.

She's also a black belt in karate who says the lessons to be learned from the ancient martial art don't end on the mat — they can help your career.

Here are Schorn's tips on how to be a black belt in business attire.

## Respect yourself

People — whether they are sparring with us or supervising us — tend to follow our lead when deciding how to treat us. Realizing the value of what you do and who you are is an empowering first step toward setting healthy boundaries in the workplace.

## Create space by redirecting

When an opponent's offense threatens to overwhelm you in the sparring ring, you can gain control of the situation by turning his or her energy back. The same is true on the job. If your boss expects you to take on more work than you can handle, for example, ask for help prioritizing. "It looks like this new initiative

## Practice your skills daily

Karate techniques must be practiced until they become a natural part of your behaviour.

- Boundary setting works the same way. It's important to practice small skills like saying "no" or asking for a little more time or space when you need it.
- This builds your confidence and teaches the people around you that you understand boundaries and how to negotiate them.

is going to require a lot of attention. Which of the three projects I'm currently working on should I set aside to make

room for it?"

## Accept that energy moves in both directions

Karate focuses on give and take between opponents. That's important in the workplace, too. But how often do you give your boss feedback? We don't always think about communicating upward. If it's done respectfully, it can replace a one-sided relationship with reciprocity.

## Cultivate your reputation

Martial artists put a lot of effort into earning their peers' respect. Pay attention to your reputation in the workplace. If you're respected in other areas of your organization, your boss is more likely to value you in the office.

METRO

## Cruel colleagues?

### Bullying in the real world

A new study shows that unattractive, mean people are more likely to be bullied in the workplace.

According to the Workplace Bully Institute, about 35 per cent of working Americans, approximately 53.5 million people, admitted to being bullied at work.

"Frankly, it's an ugly finding," lead investigator Brent Scott, associate professor of management at Michigan State University, told MSU Today. "Our findings revealed that both personality and appearance matter."

The study included 114 health care facility workers.

They were questioned on if they ever experienced mean behaviour, such as being made fun of, having hurtful things said and being treated in a rude way by colleagues.

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**BUSINESS** Tuesday - September 3, 10, 17, 24  
**HEALTHCARE** Wednesday - September 4, 11, 18, 25  
**TECHNOLOGY** Thursday - September 5, 12, 19, 26  
**CONSTRUCTION** Sessions will be held in December for training in January.

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The Orioles' Chris Davis follows through on his 37th home run of the season against the Blue Jays on Sunday in Baltimore. GAIL BURTON/THE ASSOCIATED PRESS

# Big bird ruffles Blue Jays' feathers

**MLB.** Davis helps Orioles win series over division rival; rolls into All-Star break with 37 round-trippers

With one final power surge before the All-Star break, Chris Davis earned himself a place in baseball's record book and generated momentum for the Home Run Derby.

Davis hit his 37th home run to tie the AL mark prior to the break, and the Baltimore Orioles cruised past the Toron-

On Sunday	
7	4
Orioles	Blue Jays

to Blue Jays 7-4 Sunday.

Davis doubled in two runs in the first inning and hit a two-run homer in the third to give him 93 RBIs, second-most in the majors behind Detroit's Miguel Cabrera. He and Cabrera are the only players in major-league history to have

30 homers and 90 RBIs before the All-Star game.

"Superhuman," Toronto manager John Gibbons said. "He's having some kind of year. I saw him a little bit when he was in Texas coming up. He could always hit home runs. He got his opportunity here to play every day and he's taken advantage of it. It's pretty impressive."

By going deep in a fourth straight game, Davis equalled Reggie Jackson's AL mark of 37 homers before the break, set in 1969. The major-league record is 39, by Barry Bonds in 2001.

Davis has already reached

career highs in home runs and RBIs with 66 games left in the regular season.

"I think it's something definitely to be proud of," Davis said. "It means I've been doing my job, but it also speaks volumes about the guys in front of me getting on base and really swinging the bats well."

Davis has been facing a shift lately, but there's no defending a ball that clears the wall.

"You can't shift to the stands," Orioles manager Buck Showalter said. "They don't allow you to put anybody out there. So hit it where the grass doesn't grow."

THE ASSOCIATED PRESS

## MLB

### Verlander's no-hit bid falls short

Justin Verlander's no-hit bid was finally over in the seventh inning — and before refocusing, the Detroit ace saw his shortstop do something amusing.

"When the double was hit, and the ball came back in, everybody started cheering," Verlander said. "(Jhonny) Peralta caught the ball and looked up at the board checking the hits. That's when I knew he didn't know. I was like, 'Come on, Jhonny.'"

Verlander fell seven outs short of his third career no-hitter, but the Detroit ace looked sharp in his final start before the All-Star break to lead the Tigers to a 5-0 victory over the Texas Rangers on Sunday.

Mitch Moreland's two-out double to right-centre broke up Verlander's bid. Verlander (10-6) left the game after the seventh with a tight right quad muscle, having allowed just that one hit and three walks. THE ASSOCIATED PRESS

## Tour de France

### Froome takes off to win 15th stage

British rider Chris Froome showed why he remains the overwhelming Tour de France favourite by winning Sunday's gruelling 15th stage up to Mont Ventoux to extend his lead over main rival Alberto Contador.

Froome's acceleration about two-thirds of the way up the 21-kilometre course was too much for two-time former champion Contador. The Spaniard dropped back and finished about one minute 40 seconds behind.

THE ASSOCIATED PRESS

## Track and field. Jamaican sprinters test positive for banned stimulants

Former 100-metre world-record holder Asafa Powell and Jamaican teammate Sherone Simpson have each tested positive for banned stimulants, their agent told The Associated Press.

Powell and Simpson tested positive for the stimulant oxilofrine at the Jamaican championships last month and were just recently notified, Paul Doyle said Sunday.

Powell helped the Jamaicans to the 400-metre relay gold medal at the 2008 Olympics and was the last man to hold the individual 100 record before countryman Usain Bolt broke it earlier that year.

Simpson won Olympic gold in the women's 400 relay in 2004 and silver in 2012, along with an individual silver in the 100 in 2008.

THE ASSOCIATED PRESS

## Tyson Gay

### American track star's test yields banned substance

American 100-metre record holder Tyson Gay, who had promoted himself as a clean athlete, tested positive for a banned substance and said he will pull out of the world championships next month in Moscow.

He said he will have his "B" sample tested soon, possibly as early as this week. THE ASSOCIATED PRESS

## IndyCar. Dixon comes out on top in Toronto's streets

Scott Dixon swept the doubleheader at the Honda Indy Toronto after leading from pole to finish Sunday for his third straight victory.

After winning Saturday, he was even better in the finale with a dominant performance on the 85-lap, 1.75-mile street course at Exhibition Place, finishing ahead of second-place Helio Castroneves and Sebastian Bourdais in third.

THE CANADIAN PRESS



Scott Dixon GETTY IMAGES



## Horoscopes

### Aries

March 21 - April 20

You may not be a peacemaker by nature but you can help defuse an explosive situation by standing between the warring parties and insisting that they cool down.

### Taurus

April 21 - May 21

The only danger this week is that you might give up on something before you have really started. However difficult the task ahead of you may look it is not impossible and failure is not a foregone conclusion.

### Gemini

May 22 - June 21

You may sometimes act as if you don't care about what's going on in the world but you do and over the next few days you will find ways to make a difference.

### Cancer

June 22 - July 23

Listen to your head by all means today but let your heart have the last word. Your emotions run deep and someone is about to ignite your passions in a way they have not been ignited for quite some time.

### Leo

July 24 - Aug. 23

As it's the first day of a new week why not put your troubles behind you completely? Is that actually possible? Of course it is. Your reality is a reflection of what goes on in your mind.

### Virgo

Aug. 24 - Sept. 23

Whatever you are working on you can and you will make a success of it, even if you make a few mistakes in the short-term. It's no big deal.

### Libra

Sept. 24 - Oct. 23

You have been through a stressful time of late, so wind down a bit and find ways to have fun without pushing yourself too hard physically or emotionally. Be kind to yourself today, and every day.

### Scorpio

Oct. 24 - Nov. 22

You deserve the best and you will get the best but it may not arrive quite as quickly as you expected. That's okay. The longer you have to wait the better the taste of success will be.

### Sagittarius

Nov. 23 - Dec. 21

What worried you yesterday is not what will worry you today and what worries you today won't be what worries you tomorrow. Which begs the question: why worry at all?

### Capricorn

Dec. 22 - Jan. 20

Don't just assume that someone knows how much you care for them: spell it out so there can be no misunderstandings. Capricorn may have a reputation as being a bit of a cold fish but it's not true. You're really all heart.

### Aquarius

Jan. 21 - Feb. 19

You may be behind in your schedule and you may be worrying how you can catch up but is there really any point? You know from experience that it will all work out in the end.

### Pisces

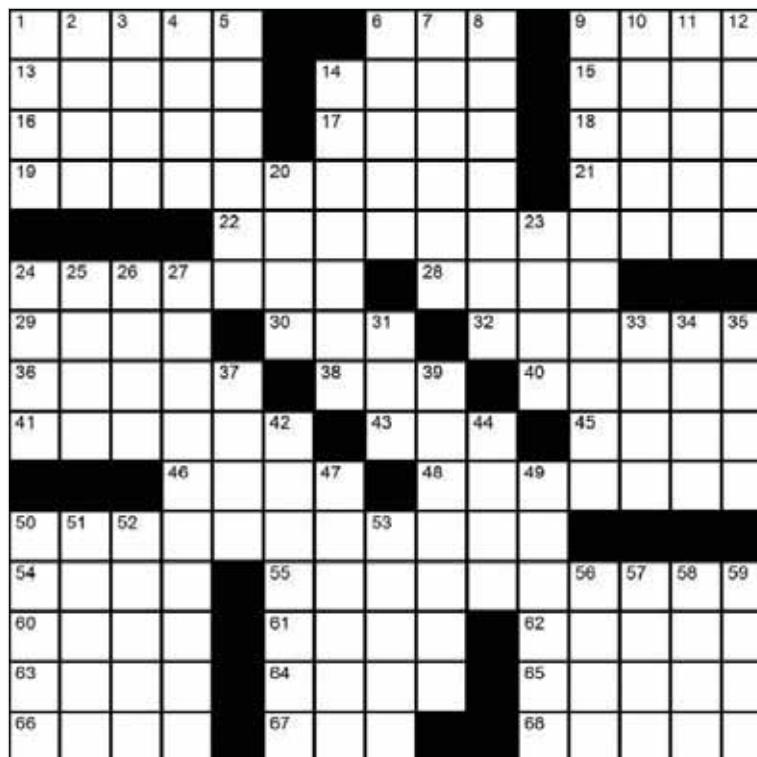
Feb. 20 - March 20

It will pay you to be a bit more forgiving of people who have let you down or who do not come up to your exacting standards. SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Beach 'hermits'
6. Li'l food+additive
9. Mr. Belushi's
13. Pale purple
14. Remorseful person
15. Miss \_\_\_\_ (Don't appear on stage on time)
16. Ancient Greece marketplace
17. Feminizing suffix
18. Donny of "Happy Days"
19. Huge pool park's fun chute
21. Put a sock \_\_\_\_: 2 wds.
22. "The \_\_\_\_ Canada", on CTV starting tonight
24. "Curious" band from New Glasgow, NS
28. Pianist, Peter \_\_\_\_
29. Stead
30. Emerald
32. Actress Ms. Welch
36. Rectify
38. T, in Morse
40. Many
41. \_\_\_\_ bliss
43. Romanian currency
45. Some small batteries
46. Ancient's "Awesome!"
48. Versus
50. Prehistoric rock carvings, as per \_\_\_\_
54. Chopped



55. Rapper from Enfield, NS
60. Calif. campus
61. Habilis or Sapiens
62. Like crafts
63. Peddle
64. "Out \_\_\_\_?"
65. Quebec's \_\_\_\_ Peninsula

66. Besides that
67. Pallid
68. Go \_\_\_\_\_. (Be repetitive)

### Down

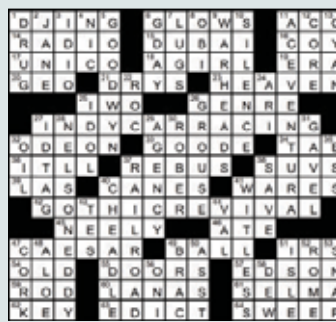
1. Cat's clutcher
2. Latvia's capital
3. Quite often: 2 wds.

4. Unadorned
5. Ancient Egypt's sacred beetle
6. "Malcolm in the Middle" star Frankie
7. Songbook standard: "\_\_\_\_ the Clowns": 2 wds.
8. Like a more lush-

- looking lawn
9. "Virtual Insanity" band
10. "I Love It": Hit for Swedish pop duo \_\_\_\_ Pop
11. Radio fare
12. Seven, in Sicily
14. Not uptight

20. City's cloudiness
23. "Tele" suffix
24. Restaurant side order
25. I like = 'J' \_\_\_\_
26. INXS hit: "What You \_\_\_\_"
27. Premier of Newfoundland and Labrador, Kathy \_\_\_\_
31. Prefix that means "Bad"
33. \_\_\_\_ Bator (Capital of Mongolia)
34. 7th Greek letters
35. Grocery-shopping reminder
37. Early-'80s group
39. Generously piles the food to the plate: 2 wds.
42. Purina product: 2 wds.
44. Cousins of 'yucks'
47. UNESCO World Heritage Site in India, \_\_\_\_ Caves
49. Certain cheese
50. Hesitate
51. Gum brand
52. Recites
53. "American Idol" Season 5 alum, Elliott \_\_\_\_
56. "The Nanny" star Ms. Drescher
57. "\_\_\_\_ miracle!"
58. "SportsCenter" station
59. Bottled hair, like it

## Friday's Crossword

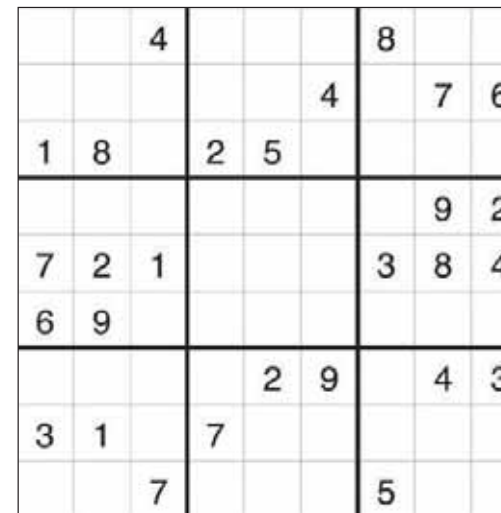


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



**Today**

31°/21°  
Mainly sunny

**Tuesday**

32°/22°  
Partly cloudy

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